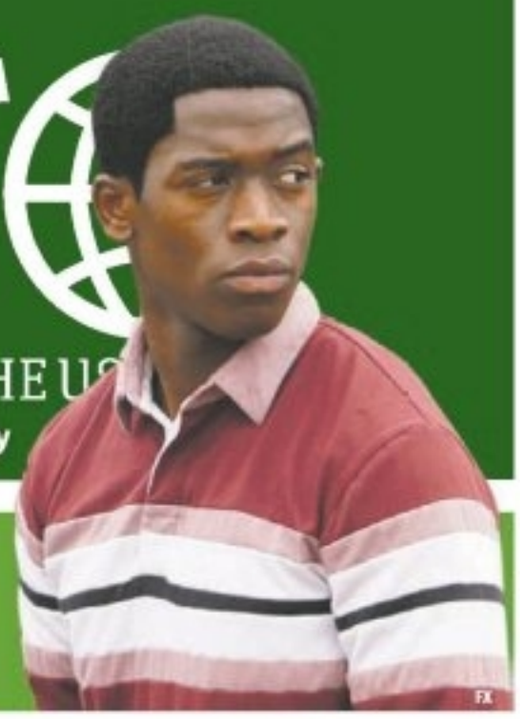
metro
PHILADELPHIA NO. 1 FREE DAILY IN THE US
Tuesday, July 17, 2018 www.metro.us | t: MetroPhilly | f: MetroPhilly


FX

BINGE THIS NOW:

Get ready for 'Snowfall' season 2. 14-15

GEORGE MEANS

Why you don't want to miss 'Nobody Died.' 16

Trump slammed after Putin summit. 8-10

GROWING PEACE

The North Philadelphia Peace Park has been growing fresh produce for their community for years, but their Afrofuturist vision has an even bolder new goal: education. 6-7

IRON M.I.C.

5 THINGS TO KNOW

WELCOME TO METRO PHILLY

SAM NEWHOUSE, REPORTER

The North Philadelphia Peace Park started out in 2012 as an outlaw farm planted by activists in Sharswood on a vacant lot and turned into a free community garden. They sparred with the Philadelphia Housing Authority for years over their use of land in the footprint of housing developments, lost their old garden and had to start from scratch on new land. But now, the Peace Park is working with architects and designers to achieve what they always said was possible: a free community school designed through an Afrofuturist lens to bring their community to new heights. Read more inside and on **MetroPhilly.us.**

SEVERAL INJURED AS 3 BUSES COLLIDE IN NJ

1 At least three school buses carrying children from a day camp collided in southern New Jersey on Monday, injuring several dozen people and sending more than 20 of them to local hospitals, a county official said. There were no immediate reports of serious injuries or fatalities in the crash in Medford Lakes, said Dave Kinney, a supervisor at the Burlington County, New Jersey 911 communications center. "I'm sure a lot of them were students or children," Kinney said, adding that 23 people were transported to a hospital following the accident at about 4 p.m. eastern time. Medford Lakes Borough said on its Facebook page that "no serious injuries" had been reported in the crash, but advised motorists to avoid the area. At least 35 people were injured in the accident, police told the local CBS affiliate. Medford Lakes is in southwest New Jersey, about 25 miles east of Philadelphia. According to the Courier Post, the kids were returning home from a nearby camp.

WOMAN IN DC ACCUSED OF ACTING AS RUSSIAN AGENT

2 A 29-year-old Russian woman living in Washington has been arrested and charged with conspiracy to act as an agent of the Russian government while developing ties with American citizens and infiltrating political groups, the Justice Department said Monday. Maria Butina, who studied at American University in Washington and is a founder of the pro-gun rights Russian advocacy organization Right to Bear Arms, is accused of working at the direction of a high-level official who worked for the Russian Central Bank and was recently sanctioned by the Treasury's Office of Foreign Assets Control, the Justice Department said in a statement. The court records do not name the official. However, she is pictured in numerous photographs on her Facebook page with Alexander Torshin, the deputy head of Russia's Central Bank, and a person familiar with the matter confirmed to Reuters that she worked for him. Torshin was sanctioned by the Treasury Department in April. Butina was arrested Sunday and was ordered held pending a hearing set for Wednesday, it said.

THE ANNUAL MARKING OF SWANS FOR THE CROWN ESTATE TAKES PLACE ON THE RIVER THAMES

3 A cygnet is weighed during the annual Swan Upping census Monday on the River Thames, South West London. The historic ceremony dates back to the 12th century, when the crown claimed ownership of all mute swans and they were eaten at banquets and feasts. The sovereign's swan marker, David Barber, counts the number of young cygnets on the river each year and ensures that the swan population is maintained. The swans and young cygnets are also assessed for any signs of injury or disease.

GETTY IMAGES

REUNITED FAMILIES DEPORTATIONS SUSPENDED

4 A judge temporarily barred the government Monday from the rapid deportation of immigrant parents reunited with their children, while a court considers the impact on children's rights to seek asylum. The government is working to meet a court order to reunite around 2,550 children who were separated by U.S. immigration officials from their parents at the U.S.-Mexican border. The families had been separated as part of a broader crackdown on illegal immigration by the administration of President Donald Trump, sparking an international outcry. The president ordered the practice stopped on June 20. The American Civil Liberties Union said in court papers on Monday that, once reunited, immigrant parents who face deportation should have a week to decide if they want to leave their child in the United States to pursue asylum separately. "A one-week stay is a reasonable and appropriate remedy to ensure that the unimaginable trauma these families have suffered does not turn even worse because parents made an uninformed decision about the fate of their child," the rights group wrote.

EL CHAPO'S TRIAL DELAYED TWO MONTHS

5 A judge Monday postponed the trial of accused Mexican drug lord Joaquin "El Chapo" Guzman by two months, to Nov. 5, after Guzman's lawyer said he needed more time to review evidence recently received from prosecutors. U.S. District Judge Brian Cogan in Brooklyn said the delay was warranted by the "voluminous" evidence that prosecutors handed over on July 3. He denied a request by Guzman's lawyer, Eduardo Balarezo, to bar prosecutors from using evidence that they had not produced by June 26. Jury selection had been scheduled for Sept. 5. In a court filing last week, Balarezo had said prosecutors' late production of evidence "obliterates any semblance of due process and Mr. Guzman's ability to have a fair trial." John Marzulli, a spokesman for U.S. Attorney Richard Donoghue in Brooklyn, declined to comment. Balarezo could not immediately be reached.Guzman, 61, has been in solitary confinement since being extradited to the United States from Mexico in January 2017 to face drug trafficking and conspiracy charges.

eye encounters
vision centers

FREE

GLASSES OR CONTACT LENSES*

OBAMA CARE NOW ACCEPTED

WITH MOST OF THESE INSURANCES:

City Workers • VBA • NVA
Police | Fireman's • F.O.P. • Davis Vision
Keystone First • Bravo Health
SEPTA employees
Blue Cross | Blue Shield • Aetna
United Healthcare Community
Optimum Health Vision
All University of Penn Workers
Superior Vision • Health Partners
Plus Most Other Insurances

2 PAIRS OF GLASSES

FROM $79 | *INCLUDES: Complete Eye Exam • Frames • Lenses

2 BOXES OF DISPOSABLE CONTACT LENSES

FROM $129 | *INCLUDES: • Exams • Solution • Contacts Lens Fitting • 2 Boxes of Contacts

Prada | Gucci | Ray Ban
Versace | Acuvue
Dolce & Gabbana
Kenneth Cole
Bausch & Lomb
Tom Ford

3810 Morrell Ave., Phila., PA 19114 • **215.632.6698**
2200 Wheatsheaf Lane, Phila., PA
(Next to Walmart) • **215.288.3333**
4002 Chestnut Street • **215.921.4871**
1925 Chestnut Street • **215.854.0441**
1325 Market Street • **267.514.4393**

---

vsp | Vision Benefits of America | DAVIS VISION THE EYECARE ADVANTAGE | NVA | EyeMed VISION CARE | HealthPartners

EXAMS • GLASSES • CONTACTS • SUNGLASSES

*Co-pays may apply - *Cannot be combined with insurances

Conflicting stories emerge after the murder of a former Penn State quarterback

Family and friends of Michael J. White say the Rittenhouse Square murder of Sean Schellenger was in self-defense.

SAM NEWHOUSE
sam.newhouse@metro.us

Conflicting storylines are spreading rapidly in Philly about the recent Rittenhouse Square murder and who started the fight that turned deadly.

Slain real estate developer Sean Schellenger, 37, a former quarterback at Penn State, was mourned by neighbors and community members in Point Breeze after he died on July 12 from a stab wound to the back. But friends and family of alleged killer Michael J. White say Schellenger was the aggressor and White was acting in self-defense when he pulled out a knife and stabbed him in the back.

White, 20, was working as a cyclist delivering food at the time of the incident, which happened at 17th and Chancellor streets.

Schellenger, 37, CEO of Streamline Solutions, was reportedly in a Mercedes driving down Chancellor Street with two other men when they encountered White, working as a delivery driver for the Postmates app, around 10:50 p.m. on July 12.

Accounts vary and the exact cause of the fight that led to the Rittenhouse Square murder is unclear. At some point, the men got out of their vehicle and Schellenger and White got into a physical altercation. White allegedly stabbed Schellenger in the back before fleeing the scene, leaving behind his bike and a bag of food. Schellenger was declared dead at 11:21 p.m. at Thomas Jefferson University Hospital.

Left, real estate developer Sean Schellenger. Right, Michael J. White's booking photo. PROVIDED/PPD

White, of the 5600 block of Hadfield Street, surrendered to authorities at the True Gospel Tabernacle church in South Philly on Friday. He was charged with murder and possession of an instrument of crime.

After news of the Rittenhouse Square murder and White's role in it broke, supporters of White took to social media to claim that he was acting in self-defense and to claim he is the "true victim." White is an engineering student at Morgan University in Baltimore who grew up in Philadelphia and is interested in poetry, according to a Gofundme page he started to fundraise tuition money. He had no reported past arrests.

Schellenger has a criminal history including arrests in Chester County and Florida, including a 2008 arrest in Florida for disorderly conduct, battery and trespassing although charges were later dropped. He was found guilty of disorderly conduct in 2009 in Chester County, and previously charged in Chester County in August 2001 with burglary, resisting arrest, criminal trespassing, and theft, although the verdict in that case was unknown, the Inquirer reported.

But neighbors and friends remembered him as a pillar of Point Breeze who helped neighbors set up a community garden while developing and selling housing in the rapidly gentrifying neighborhood. He played football in Penn State and was due to be inducted into the Coatesville Area High School sports Hall of Fame.

White's family and friends did not immediately respond to requests for comment.

White is currently detained at Curran-Fromhold Correctional Facility and his preliminary hearing is scheduled for Aug. 1.

Now the weekend begins.
Orrefors
Orrefors Sweden
DOF or Highball (Set of 4)- $60
Ice Bucket- $130
When you get home, relax with the new CITY barware collection from Orrefors.
The CITY collection consists of crystal glass barware and stainless steel accessories that embodies modern Scandanavian design.
Inspired by city lights, the cuts on the surface create a bold and masculine, yet elegant and refined feeling.
CITY barware collection can be found at Bloomingdales, other fine retailers and Orrefors.us

One-Month-Only

Window & Patio Door Flash

SALE

Andersen WINDOWS • DOORS

This is a Flash Sale, and that means it won't last! You only have 31 days to get this discount and **very special two year financing!**[1]

There are limited appointments available, and you must book yours before **July 31st**...

...Which means you have LESS THAN two weeks left!

SAVE $300
on every window[1]

SAVE $800
on every patio door[1]

EXTRA 3% Discount
when you pay for your whole project with cash or check[1]

OR

☆ **NO Money Down NO Payments NO Interest** ☆
☆ **for 2 YEARS**[1] ☆

Renewal by Andersen
WINDOW REPLACEMENT
an Andersen Company

Call for your FREE Window & Patio Door Diagnosis

215-607-8181

[1]**Renewal by Andersen of Greater Philadelphia is an independently owned and operated affiliate operating in the Delaware Valley (PA, NJ, DE).** Offer not available in all areas. Discount applied by retailer representative at time of contract execution and **applies to purchase of 3 or more windows and/or patio doors.** 3% cash discount for payment in full by cash or check applied at time of sale. Cannot be combined with other offers. To qualify for discount offer, initial contact for a free Window and Patio Door Diagnosis must be made and documented on or before 7/31/18, with the appointment then occurring no more than 10 days after the initial contact. No payments and deferred interest for 24 months available to well qualified buyers on approved credit only. Not all customers may qualify. Higher rates apply for customer with lower credit ratings. Financing not valid with other offers or prior purchases. No Finance Charges will be assessed if promo balance is paid in full in 24 months. Renewal by Andersen retailers are independently owned and operated retailers, and are neither brokers nor lenders. Any finance terms advertised are estimates only, and all financing is provided by third-party lenders unaffiliated with Renewal by Andersen retailers, under terms and conditions arranged directly between the customer and such lender, all subject to credit requirements. Renewal by Andersen retailers do not assist with, counsel or negotiate financing, other than providing customers an introduction to lenders interested in financing. PA Lic. # 001884. NJ Lic. # 13VH05055400. J&M Windows, Inc, d/b/a Renewal by Andersen of Greater Philadelphia. "Renewal by Andersen" and all other marks where denoted are marks of Andersen Corporation. ©2018 Andersen Corporation. All rights reserved. ©2018 Lead Surge LLC. All rights reserved.

Right, Director of Community Partnerships Pili Xin speaks to volunteers. Center, Xin leads volunteers in a seed-planting demonstration at the North Philly Peace Park. IRON M.I.C

North Philly Peace Park unveils educational pavilion design

The urban farmers of the Philly Peace Park who set up a community garden on a Philadelphia Housing Authority lot are bringing their Afrofuturist vision to life.

MICHAEL BUTLER
letters@metro.us

With a high level of community involvement and innovative design work, the North Philly Peace Park is set to dispel the myths and stereotypes commonly associated with inner-city life.

Founded in 2012 by African-American activists, educators and artists in the footprint of a Philadelphia Housing Authority (PHA) project, the North Philly Peace Park (NPPP) was conceptualized with the goal of creating a fence-free eco-campus that would focus on creating science, technology, engineering, arts and mathematics education (STEAM) afterschool programs for youth as well as providing free food for the community.

On July 6 during a panel discussion at the Barnes Foundation, NPPP's design team and architects unveiled designs for a proposed pavilion to host these efforts, alongside the growing of fresh produce they have undertaken since 2012.

For Philly entrepreneur Tayyib Smith, who spoke on the panel, NPPP's efforts can possibly change the way people outside of the city look at North Philadelphia. "Historically, when you talk about North Philadelphia, particularly people who grew up in the suburbs associate it with violence, blight, divestment and all kinds of stereotypes of broken cities," Smith said.

Smith also believes that NPPP's existence as a safe space for people of color is important because of rapid pace of gentrification throughout Philadelphia.

"Particularly in the last 30 years, with the amount of violence that has happened in the black community, the concept of peace and a place to go be free and that's not anti-black is really very important in a city that's going through hyper-gentrification," he said.

As one of the architects behind NPPP working with the Bohlin Cywinski Jackson architecture firm, Nyasha Felder is transparent about its mission in helping to improve the Sharswood community. "There are a lot of issues associated with the Sharswood neighborhood, particularly blight, poverty, a lack of security and food deserts," Felder said.

According to Felder, NPPP has the potential to transform the physical space in Sharswood that it occupies while changing the way local residents think about growing healthy food.

"It has been the goal of North Philly Peace Park to rehabilitate these abandoned spaces but also to serve as an environment that teaches urban farming techniques and healthy living for local communities; and also to maintain cultural significance with a space within a changing contemporary urban environment by creating value," she said.

Notably, Felder was strongly influenced by Afrofuturism in organizing early design work for North Philly Peace Park. Afrofuturism is a reimagining of arts, technology and history through a black lens. According to Felder, NPPP's design is

HASSMAN RESEARCH INSTITUTE
RSVP

We invite your
Research Study Volunteer Participation
in a research study if you have any
of the medical conditions:

- ☐ ADHD Pediatrics
- ☐ Alzheimer's Disease
- ☐ Bipolar Disorder
- ☐ Depression
- ☐ Eczema/Psoriasis
- ☐ Healthy Adults
- ☐ Kidney Disease
- ☐ Liver Disease
- ☐ Low Back Pain
- ☐ Migraines
- ☐ Pain Crohn's
- ☐ PTSD
- ☐ Osteoarthritis
- ☐ Schizophrenia
- ☐ Schizoaffective
- ☐ Suboxone/Addiction
- ☐ Type 2 Diabetes
- ☐ Asthma

- Insurance is ***not required*** to participate in our studies, and all study-related care and study medications are provided at no charge.
- Compensation for ***time*** and ***travel*** expenses of between $300 and $5,600 may be available depending on the study.
- Transportation may be available.

FOR MORE INFORMATION, CALL TOLL-FREE
1.866.230.4185
OR VISIT HRITrials.com

HASSMAN RESEARCH INSTITUTE

The proposed design for the Philly Peace Park pavilion at 22nd and Jefferson to serve as a classroom and community hub. IRON M.J.C/BOHLIN CYWINSKI JACKSON

"It has been the goal of North Philly Peace Park to rehabilitate these abandoned spaces but also to serve as an environment that teaches urban farming techniques and healthy living for local communities."

Nyasha Felder

based on a combination of West African temple designs and American Southern porch topology inspired by African slave builders.

By addressing common social problems that affect inner-city communities, Felder ultimately believes that NPPP can help bridge the gap between today and a better tomorrow. "As urban populations continue to grow, food shortages are becoming more prevalent. It is our mission to see the potential in abandoned land and food deserts and to become productive sources of food supply and community building. The school anchors the community as an asset, as a part in agricultural peace town plan that cast away shadows to illuminate the possibilities for a brighter future," she said.

PHILLY PEACE PARK

North Philly Peace Park is located at the corner of 22nd and Jefferson streets at 2200 W. Jefferson Street and occupies about 25,000 square feet.

North Philly Peace Park's primary objectives are to provide the Sharswood neighborhood with healthy food options, provide education for young people and to stimulate the microeconomy. Afrofuturism—a reimagining of arts, technology and history through a black lens—played an integral part in the design process for North Philly Peace Park.

PEACE PARK TIME LINE

2012 – The North Philadelphia Peace Park is founded by activist farmer Tommy Joshua on vacant land near the Blumberg-Sharswood Housing Project to provide the neighborhood, a food desert, with fresh produce.

Late 2014 – The PHA fenced off the park to move forward with plans to construct new public housing and demolish the old.

2015 – Philly Peace Park moves their operation to another vacant PHA lot just blocks away at 22nd and Jefferson.

2017 – After years of tension over their quasi-legal status, the Philly Peace Park and PHA reached a tentative agreement to allow NPPP to continue their activities on the land, given PHA's recognition of their commitment to the community.

Severe Injury · Cerebral Palsy
Cancer · Medical Mistakes
• Brain Injury
• Paralysis
• Amputations
• Doctor Mistakes
• Obstetrical Mistakes
• Wrongful Death
Speak with a Harvard and Yale trained Doctor-Lawyer
Over $100 million recovered as co-counsel
Former Assistant Professor at Harvard Medical School
Former Attending Doctor at Harvard Teaching Hospitals
Named one of Rising Stars & Super Lawyers by publisher of Philadelphia Magazine
Member of the Multi-Million Dollar Advocates Forum
www.tymdjd.com
Law Offices of Tai Y. Wong
215-592-9750
Free initial consultation. No Recovery-No Fees.
1101 Market Street, Aramark Tower, Suite 2820, Philadelphia, PA 19107

UNIVERSITY CITY
DINING DAYS

JULY 12 - 22, 2018

3 Courses for 3 Prices
$15 • $25 • $35

Menus, reservations and more at
UCDININGDAYS.COM

the results companies · LIVEKORMAN · THE ENERGY CO-OP · OpenTable · study · 98.7 BEN FM · ucd University City District · campusphilly · Penn Parking Services · Penn · Philadelphia Magazine · PW · yelp

Trump slammed after backing Putin

Part "mistake" and part "treasonous," most were in shock after Monday's Helsinki summit.

Standing side-by-side with Vladimir Putin, President Donald Trump on Monday refused to blame the Russian leader for meddling in the U.S. 2016 election, casting doubt on the findings of his own intelligence agencies and sparking a storm of criticism at home.

On a day when he faced pressure from critics, allied countries and even his own staff to take a tough line, Trump spoke not a single disparaging word in public about Moscow on any of the issues that have brought relations between the two powers to the lowest ebb since the Cold War.

His performance was denounced as "treasonous" by a former CIA chief and Sen. John McCain called meeting with Putin a "tragic mistake," although some other Republicans were more cautious.

"President Putin was extremely strong and powerful in his denial today."
Donald Trump

So what was the overall take from Monday's Helsinki summit?

Trump deflected blame from Russia, throwing the U.S. under the bus

Trump denounced the "stupidity" of U.S. policy, especially the decision to investigate election interference following the conclusions drawn by intelligence agencies. A prosecutor announced an indictment three days ago of Russian spies for hacking into Democratic Party networks.

Trump's handling of a joint news conference in Helsinki stirred a wave of condemnation in the U.S., where the White House has struggled for months to dispel a suggestion that Trump was unwilling to stand up to Putin.

Asked if he believed U.S. intelligence agencies, which concluded that Russia interfered in the 2016 election in an effort to help him defeat Democratic candidate Hillary Clinton, he said he was not convinced.

"I don't see any reason why it would be Russia," Trump said. "President Putin was extremely strong and powerful in his denial today."

DANISAUTO
DANISAUTO.COM
(215) 335-3333
6250 HARBISON AVE. PHILADELPHIA, PA 19149

$274.50/Month
2015 Volkswagen Passat

$486.77/Month
2014 Infiniti QX60

$316.36/Month
2015 Chrysler 300

$407.77/Month
2016 Acura TLX

$308.26/Month
2016 Nissan Maxima S

$256.39/Month
2017 Ford Fusion SE

$230.36/Month
2015 Hyundai Sonata

$468.51/Month
2015 BMW 5-Series

$421.01/Month
2014 Ford F-150

Equal Opportunities For All Credit

$227.04/Month
2016 Chevrolet Cruze

$316.81/Month
2015 Jeep Cherokee

$424.37/Month
2014 Audi Q5

$191.74/Month
2015 Chrysler 200

$251.43/Month
2015 Chevrolet Malibu

$327.73/Month
2015 Nissan Altima

$389.57/Month
2015 Lexus IS 250

$266.05/Month
2015 Nissan Sentra

$269.39/Month
2015 Kia Optima

$349.07/Month
2015 Lincoln MKZ

$321.24/Month
2015 Buick LaCrosse

$363.17/Month
2018 Hyundai Santa Fe

Monthly payments reflect 2.49% APR financing for 66 months with $500 down. Tax and tags not included.
Discounts For Military Personnel, Credit Union Members, City, Hospital And Septa Employees.

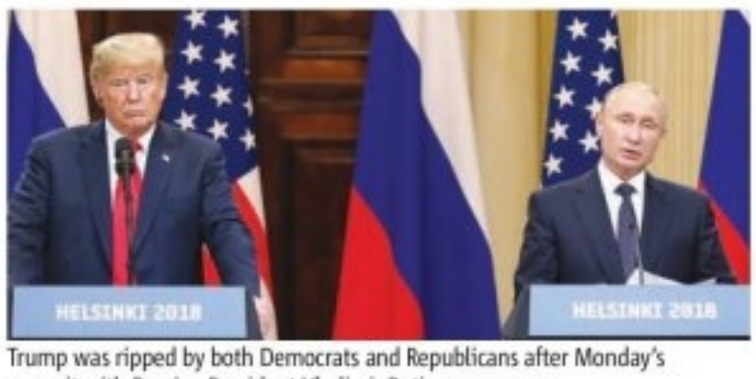
Trump appeared to show 'weakness' in not standing up to Putin

At the news conference, Trump was invited by reporters to offer any criticism of Russia but he repeatedly declined. Asked if Russia was at all to blame for the poor ties, he said, "I hold both countries responsible. I think the U.S. has been foolish. We've all been foolish," he said, before veering into discussion about his election victory.

Trump's warm words for Russia were a marked contrast from the past week when he repeatedly rebuked traditional U.S. allies at a summit of NATO and during a visit to Britain.

Sen. Lindsey Graham said Trump's performance would send a message of "weakness" to Moscow.

"Missed opportunity by President Trump to firmly hold Russia accountable for 2016 meddling and deliver a strong warning regarding future elections. This answer by President Trump will be seen by Russia as a sign of weakness and create far more problems than it solves," Graham said on Twitter.



Trump was ripped by both Democrats and Republicans after Monday's summit with Russian President Vladimir Putin. GETTY IMAGES

Arizona Sen. Jeff Flake, a frequent Trump critic, said, "I never thought I would see the day when our American President would stand on the stage with the Russian President and place blame on the United States for Russian aggression. This is shameful."

Was the president borderline 'treasonous"?

Former CIA chief John Brennan suggested Trump should be removed from office. Brennan tweeted, "Donald Trump's press conference performance in Helsinki rises to & exceeds the threshold of 'high crimes & misdemeanors.' It was nothing short of treasonous. Not only were Trump's comments imbecilic, he is wholly in the pocket of Putin. Republican Patriots: Where are you???"

House Democrat Nancy Pelosi tweeted: "Every single day, I find myself asking: what do the Russians have on @realDonaldTrump personally, financially & politically? The answer to that question is that only thing that explains his behavior & his refusal to stand up to Putin."

The summit capped a trip abroad during which Trump embarrassed British Prime Minister Theresa May by saying she refused to take his advice about how to negotiate Britain's exit from the EU. He referred to the European Union itself as a "foe" in trade and repeatedly criticized it.

REUTERS

CANCER MEDICAL MALPRACTICE

BIRTH/PREGNANCY INJURIES/DEATHS

Delayed/failure to diagnose cancers, medical/nursing/hospital mistakes/negligence, /birth/cerebral palsy/pregnancy injuries/ amputations/paralysis/paraplegia/vaginal/pelvic/abdominal/ surgical mesh complications/anesthesia/heart attack /stroke injuries/complications/ deaths/all suspicious deaths, etc. Cases Reviewed with Expert Physicians, including Ivy league trained expert physicians.

Evaluations by Attorney named top 1% of attorneys nationwide-National Assoc. of Distinguished Counsel, America's Top 100 Attorneys-Pennsylvania, many times as one of PA's best medical malpractice/personal injury attorneys with selections as a PA Super Lawyer, legal commentator, board member of PA's and Philly's largest trial lawyers organizations, life-time member of Million Dollar Advocates Forum, and former adjunct. Prof of Law.

Millions of Dollars Recovered for Injured Clients

CALL **215-567-0493**
or email now for Free Consultations

EMMANUEL LAW FIRM, LLC
Two Penn Center, 1500 JFK Blvd. www.emmanuellawfirm.com
No Recovery-No fee/Free Consultations • Home/Hospital Visits

TRI-STATE CREATIONS

100% FINANCING AVAILABLE
FREE ESTIMATES!

AS SEEN ON TV

LOANS AVAILABLE UP TO $50,000

www.tristatecreations.com

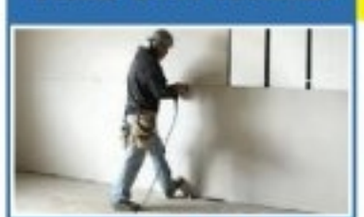
Call now to see if you qualify

SUMMER SALE!
SAVE UP TO 30% OFF ON ROOFING AND DRYWALL.

Discounts for Senior Citizens
• Veterans • Military • Handicapped • Police
• Firemen • SEPTA Workers • Government Employ

888-990-8886

No Down Payment Required. Low Monthly Payments
CALL NOW TO SEE IF YOU QUALIFY!



WE ALSO DO EVERYTHING FROM KITCHENS & BATHROOMS TO LAMINATE FLOORING!

LOW PAYMENTS STARTING AT $59 MONTHLY For Qualified Applicants

WE PAY CASH FOR HOMES

Fully Insured
PA - Hic Reg. # PA 002286
Phila. 39104
NJ. 13VH 04728900
DE. 16-98022-99

All prior sales and estimates are excluded. To be eligible for the Visa Gift Card, you must mention it when you call our office to schedule your estimate. Only one offer available per customer.

Senior Citizens and Military 15% Discount!

ARTIE CLEAR ROOFING AND DRYWALL

FREE AIR-CONDITIONER WITH EVERY PURCHASE!

SUMMER SPECIAL ON HEATERS, ROOFING, AND WINDOWS
25% SAVINGS
NO PAYMENTS UP TO 6 MONTHS!!!
10% OFF ON CONCRETE

NO JOB TOO BIG OR TOO SMALL!!!!!!!!
WE DO ROOFING, DRYWALL,
HEATERS (Gas or Electric), AND MORE.
FREE ESTIMATES-100% FINANCING AVAILABLE!
EVERYBODY GET'S APPROVED!
ARTIE CLEAR FROM EAGLES REPORT CARD AND FOX
CALL ARTIE TODAY AT
609-335-0207 or 215-444-6844
FOR YOUR FREE ESTIMATE.

THE FOREMAN FORECAST: THE NEW, NEW WORLD ORDER

ANALYSIS

TOM FOREMAN

CNN's Tom Foreman is the author of the book "My Year of Running Dangerously."

Forget the Cold War, the decades of spying, and the Kremlin's demonizing of America. Put aside Russia's long history of invading neighboring countries, backing totalitarian regimes, and murdering political foes or shipping them off to starve and freeze in Siberia.

Just shove all that to the back of the closet and act as if you've never known about it, like that Heisenberg hat you wore five years ago. Because in a jaw-dropping press conference standing right beside Russian President Vladimir Putin, President Trump made it clear: If Putin says it's not his fault, that should be good enough for everyone. What's more, President Trump said — perhaps to the surprise of even his MAGA crowd — if there is any problem between the U.S. and Russia, "We're all to blame." On Twitter, he expanded: "Our relationship with Russia has NEVER been worse thanks to many years of U.S. foolishness and stupidity and now, the Rigged Witch Hunt."

Let that sink in. Last week President Trump tore into America's NATO allies — countries whose citizens have stood by American soldiers in combat — and this week he is cozying up to Putin like it's the bromance of the century. Never mind that Trump's own intelligence community has unequivocally accused the Russians of interfering in the 2016 elections with the intent of helping

CHRISTMAS IN JULY
WE INSTALL–VINYL–LVT–WPC–HARDWOOD–CARPET

Aramingo
CARPET & FLOORING
www.aramingocarpetandflooring.com

CHRISTMAS IN JULY

Shop our Christmas in July Sale Today!
LAYAWAY AVAILABLE!
From A Room To A Whole House Over 300 Remnants & Rolls To Choose From!
We Install What We Sell!
Next Day Installation Available On In Stock Merchandise.
Shop us First, Shop us last
We Will Beat Any Competitor's Written Estimate.
Debit Cards Accepted

FREE
SHOP AT HOME SERVICE
MENTION AD FOR
ADDITIONAL DISCOUNTS OR
COME IN AND VISIT OUR
WAREHOUSE/SHOWROOM
BINDING SERVICES AVAILABLE.

3rd Generation Family Owned and Operated.

4591 Aramingo Ave., Philadelphia, PA 19124
215-537-9666
LIKE US ON facebook
Open: Mon., Wed., Fri., 9-8 PM.
Tues., Thurs., Sat., 9-5 PM.
Sundays: By Appointment only

SE HABLA ESPANOL
12 MONTHS INTEREST FREE FINANCING! SAME AS CASH!

Directions: Take 1-95 to Betsy Ross - Aramingo Ave. Exit, Turn left on Aramingo Ave., (end of ramp)
We are about 2 blocks away on the right

GETTY IMAGES

Trump. "It's ridiculous what's going on with the probe," Trump said with Putin smirking at his elbow. "I have great confidence in my intelligence people, but I will tell you, President Putin was extremely strong and powerful in his denial today."

It went further. Did he publicly smack Putin for the invasion of Crimea? Nope. Did he raise questions about Putin's foes who are showing up mysteriously dead in foreign countries? No. Did he come away with any detailed commitments to a new nuclear deal, a path to Syrian peace, or … well, anything? Maybe he didn't have time, what with the soccer ball passing and singing the latest chorus of "How I Beat Hillary."

Putin's take on his meetings with Trump is simple. "He defends the interests of the United States of America, and I defend the interests of the Russian Federation." But after this latest display you can have no doubt, for many Trump critics that assessment is only half-right.

Celebrating our 27th Anniversary!
American Home Concepts
Home Remodeling Specialist
"www.AmericanHomeConcepts.com"

PA-HIC Reg.# PA008523

- Kitchens
- Bathrooms
- Windows & Doors
- Vinyl Siding
- Garage Doors
- Carpeting & Tiles
- Porches
- Decks
- Cement
- Awnings
- Roofing
- Railings
- Fences

Free Estimates
(610) 667-7775

20% OFF
with this Coupon on All Work
Not valid on previous orders. Cannot be combined with other offers. Call American Home Concepts at 610.667.7775 for details.

HALLMARK REMODELERS
Fed up with contractors who never show or return calls?
"Save money and no hidden charges!"

$400.00 FREE! $400.00
$400.00 GIFT CARD
with Purchase Over $5000.00
Low Payments Starting at $59.00 Monthly
For Qualified Applicants
$400.00 $400.00

NO MONEY DOWN, NO PAYMENTS, NO INTEREST FOR 2 YEARS
You may qualify for
UP TO $25,000.00
CALL 215-677-7000
to speak to a representative.
PAYMENTS STARTING AT $59.00 PER MONTH

- Kitchens
- Finished Basements
- All Types of Windows
- Steel Doors & Garages
- Iron Railing & Fences
- Hardwood Flooring
- Roofing & Gutters
- Bathrooms
- Granite Countertops
- Insulated Vinyl Siding
- Carpeting & Tile Flooring
- Wood Decks & Patios
- Cement & Stucco
- Porches & Porch Repairs
- Concrete Work

30 years' experience, fully licensed & insured.
Over 8,000 satisfied customers. All work is guaranteed in writing, satisfaction guaranteed, no money down financing!

FREE ESTIMATES CALL NOW CALL 215-677-7000

Important Notice: Loans are originated through a third party insurance Co. HUD/FHA does not originate loans; they only insure them, and does not favor any lender. HUD/FHA does not allow consolidation of your bills. Hallmark of NJ is not connected to, or endorsed by the FHA or HUD in any way.

State License PA# 049533 • State License NJ# 13VH00341600

INDUSTRY SAVVY
RIGOROUS STUDY
INNOVATIVE TEACHING
CUTTING-EDGE DEGREES

BOSTON UNIVERSITY

Success is the language we speak.

With over 70 part-time graduate and undergraduate programs, taught evenings and online, Boston University's Metropolitan College (MET) offers degrees and certificates designed to give your career the jump-start it needs to thrive in modern industry.

Graduate Webinar
Thursday, August 9, 2 p.m. EDT

Sign up at **bu.edu/met/info**.

At BU MET, you will receive expert instruction on the latest best practices in high-growth professional fields, including:

- Actuarial Science
- Analytics
- Advertising
- Arts Administration
- Biotechnology & Clinical Research
- Business & Management
- Business Analytics
- City Planning & Urban Affairs
- Computer Science & Information Technology
- Criminal Justice
- Cybercrime Investigation
- Cybersecurity
- Data Analytics
- Database Management & Business Intelligence
- Digital Forensics
- Economic Development & Tourism Management
- Enterprise Risk Management
- Financial Management
- Gastronomy
- Global Marketing Management
- Health Communication
- Health Informatics
- Innovation & Technology
- Project Management
- Security
- Software Development
- Strategic Management in Criminal Justice
- Supply Chain Management
- Web Application Development

the GRUMBLE

Pat King
Grumble Editor

Today we have another op-ed style Grumble from Metro's very own Going Out Editor Eva Kis about the use of paper straws in bars. Take it away, Eva!

ISTOCK

JUST GIVE ME A PLASTIC STRAW FOR MY TIKI DRINK!
After a video of a sea turtle maimed by a plastic straw went viral, companies and restaurants are self-imposing a plastic straw ban. This seems like a small but doable step toward ending the environmental threat posed by garbage that doesn't decompose.

Recently, I was served a frozen cocktail with a paper straw at a Brooklyn bar, which made it next to impossible to drink and ruined the flavor. Also, having a table full of people watch as you hollow out your cheeks with considerable effort is not at all an opening for off-color jokes.

My home bar set has a metal stirrer that's also a straw, but can people at an actual bar be taught not to pilfer them? Starbucks is introducing sippy cup lids for cold drinks, which doesn't cut down on waste and you have to wait for it to melt. Before banning an essential tool, we need a viable replacement.

Eva Kis, *Metro Going Out editor*

READER WRITE-INS:

LISTEN TO OUR GRUMBLES!
My grumble is people who don't read the Grumbles and do all the grumble-worthy things that we grumble about! Selfish people are STILL taking up subway seat space, using speaker phone and listening to music without ear-buds, offensive personal hygiene habits on mass transportation, throwing cigarette butts on the sidewalk, walking on the right, bicyclists obeying laws, and much more. Read Metro, hear our grumbles, and be considerate!

Mark J. Becks, *Metro US reader*

Tell us what you think!
@metrophilly

VENT TO US!
GRUMBLE@METRO.US

#metrophilly *caption this photo*

Every day we will post a new photo and give you the chance to send in the funniest caption to go along with it. We'll publish the best caption the following day. Send us your best ideas to **@metronewyork @metroboston @metrophilly**

GETTY IMAGES

The winning caption from Andres Lopez, *Metro Boston reader*

TOMORROW'S PHOTO:

GETTY IMAGES

the GRUMBLE @metro
Tweet us ow you feel about people letting their dogs off leash - @metrophilly
Send us a photo and a Grumble of your own for the chance to appear in print and the possibility of winning a $25 Amazon gift card!
email us at grumble@metro.us or tweet us @metrophilly

metro.us/horoscopes

Aries Initiate your plans. Networking will keep you on your toes and allow you to find out what you are up against. Listen, observe and structure your next move.

Taurus You'll be drawn to change and to discovering what's available. If you learn all you can, you will find a unique and viable way to mastermind your way to victory.

Gemini Use your head and refuse to let emotional matters interfere with an important decision. A practical approach regarding creativity and helping others will be required.

Cancer Find a way to use your skills in a new manner. Collaborating with people who can give you a unique view of a situation will help you make the right choice.

Leo Learn by watching others. Being indecisive or jumping into something prematurely will leave you at a loss. Be smart when it comes to handling money, health or legal issues.

Virgo Indulge in something that will give you greater insight into your options. Ask questions and go to experts for help. Don't fall short because you are too proud or shy.

Libra Take care of your responsibilities before someone reminds you of them. Staying on top of what's expected of you will put you in a good position when an opportunity arises.

Scorpio Think big, but don't attempt something unrealistic. Consider what's doable, and refuse to get caught up in someone else's pipe dream. Personal improvements are in your best interest.

Sagittarius Someone will disclose private information about you that could hurt your reputation. Protect your passwords, personal finances and your right to speak on your own behalf.

Capricorn Focus on personal improvements instead of trying to change someone who doesn't want your input. Look for a way to cut your overhead or raise your standard of living.

Aquarius An energetic approach to life will prove what kind of person you are and what you are capable of accomplishing. A partnership looks promising, as long as you maintain equality.

Pisces You have the right idea, and with a little help from your friends or former co-workers, you should be able to accomplish your goals.

EUGENIA LAST

Binge this now: Why you should watch FX's 'Snowfall'

With season 2 set to premiere Thursday, now's the time to revisit season 1.

ANDREW HUSBAND
letters@metro.us

The hit series' second season debuts on Thursday.

In the trailer for the second season of FX's crime drama "Snowfall," CIA operative Teddy McDonald (Carter Hudson) tells young drug kingpin Franklin Saint (Damson Idris) that he's "being a little bit paranoid." In response, Saint angrily turns on McDonald. "I'm a black man in America, goddammit! Hell, yeah, I'm paranoid."

The latter's irritable, though poignant statement reflects one of the many harsh realities of "Snowfall" creator John Singleton's sprawling epic. Saint and his associates are just trying to make it in a society that largely wants no part of them, drugs notwithstanding. Yet McDonald, a white man with a cushy government job, is largely unable to understand this. In many ways, this moment serves as a microcosm for the entire series.

What is it about?

With "Snowfall," Singleton, who is best known for his 1991 film "Boyz n the Hood," delves into the stories surrounding the first crack epidemic that plagued Los Angeles in the early '80s. Following the format perfected by "The Wire" and similar shows, it tells several unique narratives that, in direct and indirect ways, connect across disparate lives.

Saint, a small-time marijuana dealer for his uncle, breaks into the city's cocaine game in its infancy and gradually climbs its ladder. McDonald, meanwhile, covers for a deceased colleague and takes over his secret drug operation. Nor are they the only players in the growing game, both in Los Angeles and in the many places that feed it's newfound taste for crack.

Why you should binge

Fans of television dramas driven not by singular stories, but vast enterprises like what David Simon accomplished with HBO's "The Wire" during the 2000s, will dig "Snowfall." So too, for that matter, will viewers who appreciate Singleton's ability to craft personal tales about fictional persons whose

BILL'S DISCOUNT CARPET FLOORING AND REMODELING
Your Mobile Carpet Showroom Locally Owned and Operated Serving PA, NJ and DE for Over 25 Years
CALL ANYTIME 1.856.264.1079
100% Financing Available! Any Job $3995 and over and you get a FREE 36" LED TV
Free Shop At Home! FREE ESTIMATES!
Save up to 1/2 OFF Retail Store Pricing.
Complete Bathrooms starting at $1895
Complete Kitchens starting at $3595
Sale on Wood, Laminate and Vinyl Flooring!
Next Day Installation Available!
Shop Us First, Shop Us Last, It Doesn't Matter
We Will Beat Anybody's Estimate
We Also Install & Refinish Hardwood Floors!
3 ROOMS $498* Plush or Sculptured Carpet | 8lb. pad, installation. 40 Square Yards
3 ROOMS $598* Super Plush Carpet | 8lb. pad, installation. 40 Square Yards
3 ROOMS $698* Heavyweight Plush Carpet | 8lb. pad, installation. 40 Square Yards
3 ROOMS OF CARPET $398*
*Up to 40 Sq. Yds
10% Senior Citizens Discount
PA10882
FREE SHOP AT HOME!
Bill's 1.856.264.1079
LIC. #NJ13VH08091600 #PA10882
ALL CONSTRUCTION WORK AND PAINTING!

There's plenty of time to binge watch "Snowfall" season 1 ahead of the show's return this week. ALL PHOTOS BY FX

connections to reality are nonetheless unbreakable. For "Snowfall" is not a "based on a true story" kind of show, but its setting is.

Meet the cast

In addition to Idris and Hudson, whose narratives lead much of "Snowfall," the show also includes a massive cast of characters whose own motivations and experiences matter just as much to the plot. Like Lucia Villanueva (Emily Rios) and Gustavo "El Oso" Zapata (Sergio Peris-Mencheta), a team of newly minted crack suppliers who struggle to free themselves of the cartel's might.

Franklin's mother Cissy (Michael Hyatt) endeavors to provide her son with a better life, while his uncle Jerome (Amin Joseph) supports his nephew's expanding drug empire, despite the costs he never anticipated or wanted. The main cast is rounded out by Franklin's Aunt Louie (Angela Lewis) who, like Jerome, does everything she can to enable his business. Fellow drug dealer Avi Drexler (Alon Moni Aboutboul), however, proves to be as much of a help as a hindrance.

How to binge "Snowfall"

Those looking to catch up on "Snowfall" season 1 ahead of the second season premiere can do so via the FXNOW app or on demand.

"Snowfall" season 2 premieres Thursday, July 19, at 10 p.m. on FX.

Lose Weight
Fast and Keep It Off...

- Medically Proven Program
- FDA Approved Appetite Suppressants
- Diet Shots & Fat Burning Injections
- Dietician Developed Meal Plans
- No Package Meals to Buy
- Free EZDietPlanner™ App & Community
- Plans for Adults and Children

$99 Gets You Started!

4 Locations Call Today

- FEASTERVILLE
- CITY LINE AVE.
- TABOR AVE.
- SOUTH PHILLY

Dr. Fisher's Medical Weight Loss & Aesthetic Centers

215-478-6901 BodyByFisherNow.com

© Physicians Marketing Solutions, Inc. All rights reserved.

Quick & Easy
Exterior Home Repairs from

P.J. Fitzpatrick, Inc.
WINDOWS · SIDING · ROOFING · DOORS · BATHS

We'll do a complete evaluation and give you "Good, Better or Best" options for your repair, that include our $249 Minor Repair Special.

$249 Minor Repair Special
Any Minor Roofing, Siding or Gutter Repair.
Restrictions apply. Expires 07/31/18.
Not valid on previously contracted work.

Get $150 OFF any Major Home Exterior Repair
Some restrictions apply. Must be mentioned at time of scheduling.
Cannot be combined with other offers. Expires 07/31/18.

TOOLS · MUSCLE · KNOW HOW

484-218-3061
www.trustpj.com

P.J. Fitzpatrick is neither a lender nor a broker. All financing is provided by 3rd party lending institutions under the terms and conditions of each lender. All applications are subject to approval through credit, income and residency verification. All advertised finance terms, rates and payments are subject change without notice. Advertised terms are solely to be used as estimating tools, actual terms will be disclosed at time of approval. Not all applications will be approved for all programs. P.J. Fitzpatrick does not assist with counsel or negotiate financing other than submitting credit applications on behalf of our customers to the lender. Approved applications become customers of the lender and will make payments directly to lender. Lender has final say to approve or decline of an application based on fair lending guidelines. NJ Lic. #13VH01142000 DE Lic. #2009603070 HIC PA#011323 MD Lic. #130457 *For complete details see www.trustpj.com/specials

3 Reasons to check out 'Nobody Died'

Creators Chris Wood and Brian Six give us the lowdown.

JENNIFER LOGUE
jennifer.logue@metro.us

The Philadelphia comedy scene is full of terrific weekly and monthly shows. Audience response to one stalwart of the scene, "Nobody Died," is at a high. Local Philadelphia comedian Chris Wood, who co-hosts the event with fellow comic Brian Six, let us in on three reasons it resonates.

The show is full of the best comedic storytelling.

"We were coming back from some awful show in New Jersey telling funny stories we've known our whole life and thought, 'Man, this should be the show,'" Wood says. "Comics tend to relax more on stage when they can just tell a story like they're sitting at a bar with their buddies."

The atmosphere is different from usual comedy showcases, for the onstage comedians and audiences alike.

"The reason everyone enjoys the show is because the tension of hoping a joke or premise you wrote hits with the audience, or you don't remember a detail to a punchline, goes out the window," Wood explains. "We create the atmosphere of just sitting around with friends telling our most hilarious stories.

"Plus, we always provide free beer, so that's a draw as well."

Each show has a different theme

While traditional comedy showcases tend to be all over the place in terms of content, "Nobody Died" likes to rein in its talent with a solid theme for each performer to explore in his or her own way. "The theme for the July 25 show is 'Family,'" Wood says. "Up-and-coming comics and even established headliners step out of their normal routines to tell a story they've always told friends, family, and really anyone that'll listen."

Wood and Six will host the next installment of "Nobody Died" at the famed Helium Comedy Club in Center City on Wednesday, July 25 at 8 p.m., fresh off of their show in New York. Tickets are $15. The lineup includes an all-star cast of Philadelphia area comics, including Nick Kupsey, John Moses, Mike Rainey and Peggy O'Leary.

Are you having trouble paying for health care or health insurance costs?

Medicare Savings Programs

Can help you with the payment of your Part B premium!

You may qualify for Extra Help if:

If you are SINGLE and	If you are MARRIED and
have a total monthly income of less than $1,366, and less than $7,560 in resources	have a total monthly income of less than $1,852 and less than $11,340 in resources

Call today to find out if you are eligible and get connected to Free Medicare Insurance Counseling.

1-800-783-7067

APPRISE

PCA
PHILADELPHIA CORPORATION FOR AGING

APPRISE is a free service provide by the PA Department of Aging, and is funded in whole or part by a grant through the Administration for Community Living. The Pennsylvania Link to Aging and Disability Resources is part of a nationwide effort to assist seniors and adults with disabilities connect to supports and services.

Adams Carpet Center

Free Shop At Home

call now! 215-425-9700

FREE INSTALLATION
UP TO 360 SQ. FT.

Level Loop Stain Resistance
3 Rooms Of Carpet
$488
AT ONE LOW PRICES!

Adams Carpet Center

Family owned and operated since 1970, 3rd generation

MasterCard DISCOVER VISA

Nylon Plush
$588
(Up to 360 Sq. Ft.)
10 Year Wear Warranty
10 Year Stain Resistance

100% Smart Strand BCF
$688 (Up to 360 Sq. Ft.)
Lifetime Stain & Soil Warranty
20 Year Wear Warranty and Resistance

48 HR. INSTALLATION AVAILABLE
IN STORE ONLY
REMNANTS SALE
CARPET ONLY
12x9-$69+up/12x12-$99+up
12x15-$119+up/12x18-$139+up

BENSALEM
2066 STREET RD., BENSALEM PLAZA
215-245-4400
HOURS: Mon., Wed., Thurs., Fri. 10am-8pm
Tues. & Sat. 10am-5pm; Sun. 12pm-4pm

KENSINGTON
2850 EMERALD ST.
(1 BLOCK WEST OF FRANKFORD)
215-425-9700
HOURS: Mon. - Sat. 9am-5pm

ROXBOROUGH
6604 RIDGE AVENUE
215-482-3400
HOURS: Mon. - Wed., Thurs., Fri. 10am-8pm
Tues. & Sat. 10am-5pm, Sun. 11am-3pm

FINANCING AVAILABLE • NO INTEREST FOR 6 MONTHS
www.adamscarpetcenter.com

1601 Walnut St., Suite 822, Phila., PA 19102
215-557-7979

Jay Liu DENTISTRY

212 W Rte 38, Suite 500, Moorestown, NJ 08057
856-206-9559

invisalign

ZOOM!

SAME DAY SERVICES AVAILABLE:
Root Canal Treatment • Porcelain Crowns
Extractions and Implant Placements
Zoom Whitening

We Accept Most PPO Insurance Plans
Ask About our Courtesy Plan and Care Credit

www.philadelphiadentalcosmetics.com

CIVIL RIGHTS LAW

WRONGFUL DEATH • POLICE BRUTALITY • FREE SPEECH
ILLEGAL SEARCH • PRISON SUICIDES • PROPERTY RIGHTS
RACE, SEX AND RELIGIOUS DISCRIMINATION

J. Michael Considine, Jr., P.C. • 1845 Walnut St., Suite 1199 • Philadelphia

MANY VICTORIES • 35 YEARS EXPERIENCE • 215-564-4000

HEALTH

You might want to think twice before walking barefoot, even at home

A leading podiatrist gives us all the information we need this summer (and all year 'round).

SAM BRODSKY
Samantha.Brodsky@metro.us

ISTOCK

Let's talk about feet. Now that summer is here, they're seeing a lot more daylight. Naturally, you may not hesitate to slip off your shoes to let your toes breathe. But, this can negatively impact your stride and overall foot health. Metro spoke to Dr. Miguel Cunha, a leading podiatrist in Manhattan and founder of Gotham Footcare, about the risks of walking barefoot this summer.

Avoid walking barefoot on hard surfaces

"Walking barefoot on hard surfaces allows our foot to collapse, which can lead to a tremendous amount of stress not only to the foot, but to the rest of the body," explains Dr. Cunha.

This can affect your gait (your stride when you walk or run). Dr. Cunha explains that we naturally pronate (move our feet inward to absorb shock and distribute weight) during the gait cycle.

"Walking barefoot may also help improve the strength and flexibility of the muscles and ligaments of the foot,"

With normal pronation, "the foot 'rolls' inward about 15 percent, comes in complete contact with the ground and can support your body weight without any problem," according to Runner's World.

But, "when we walk barefoot, we pronate for a longer period of time, which then alters the biomechanics and distribution of pressure and weight across the foot," Dr. Cunha says. "This imbalance may increase the progression of underlying foot deformities such as bunions and hammertoes and lead to painful conditions associated with excessive pronation such as arch and heel pain, shin splints, posterior tibial tendonitis and Achilles tendonitis."

In extreme cases, this can "translate upward, affecting other parts of the body such as our knees and back."

Walking barefoot can lead to infections

Walking barefoot exposes your feet to bacteria and fungi. Such infections include athlete's foot or "fungal nails."

"These organisms first infect the skin, and then they may infect that nails, leading to thickening, discoloration and brittleness of the nails," Dr. Cunha explains.

Diabetics and people who wear close-toed shoes in outdoor environments for long periods of time are more prone to these infections.

For diabetics, "the disease changes the normal hydration of the skin, which then alters the texture, tone and turgor of the skin. This may lead to fissuring of the skin, which increases the chances of contracting an infection."

Where should I avoid walking barefoot?

The bacteria that causes infections "tend to grow in dark and moist environments," such as communal bathrooms, pools and gyms — so Dr. Cunha stresses the importance of wearing shoes in these facilities.

"Avoid walking barefoot outside of the house in most places unless absolutely necessary," Dr. Cunha urges. Yogis, for example, usually practice barefoot. He suggests, though, cleaning your feet with baby wipes after yoga sessions to avoid contracting an infection.

There are still important benefits of walking around barefoot

Not all surfaces are bad to walk barefoot on. Walking barefoot on soft surfaces like carpets and grass is actually good for your feet. And, relaxing strolls on the beach have benefits as well.

This includes better circulation, "which increases the nourishment of nerves, muscles and bones of the foot and also helps minimize swelling of the lower extremities," Dr. Cunha explains.

"Walking barefoot may also help improve the strength and flexibility of the muscles and ligaments of the foot," he continues. This can ultimately reduce foot injuries and improve your posture and balance.

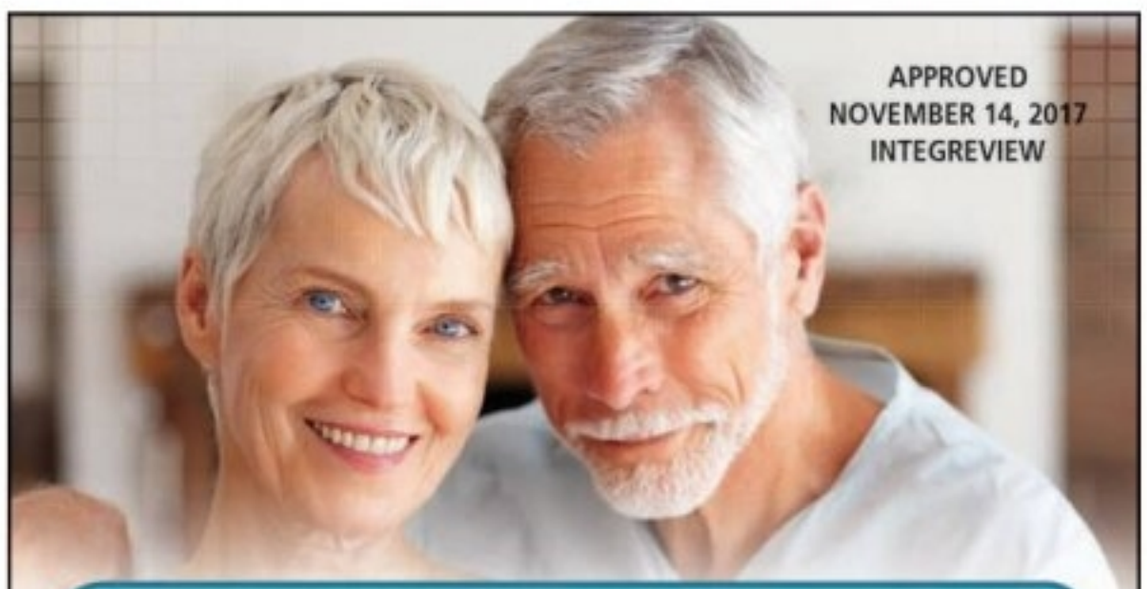
So, as the summer continues to blaze on, remember this: When it comes to public pools, bathrooms and gyms, keep those shoes on. You'll be better for it.

HOMELINK, INC.
Adult Day Center
Call Now! 215-235-2805

Recreation, Health and Social Services provided on site.

VA Approved

2753 Ridge Ave., Philadelphia, PA 19121



BIOTRIAL is recruiting for a study which includes an in-house stay of 11 days / 10 nights and 1 end of the study visit.

You may be compensated for your time and travel up to $3,600 for your participation in the study.

You must be:

- Healthy male or female between 60 - 85 years of age with a BMI between 18 – 30 kg/m².
- Non-smoker or ex-smoker for at least 6 months.

Need more info?
Call recruitment at
(844) 246-8459

No time to talk?
Email recruitment@biotrial.com
or register online at
www.biotrial.com

- Biotrial is located at 130 Norfolk Street Newark, NJ with easy access to NJ Transit Norfolk Street light rail station.

BIOTRIAL

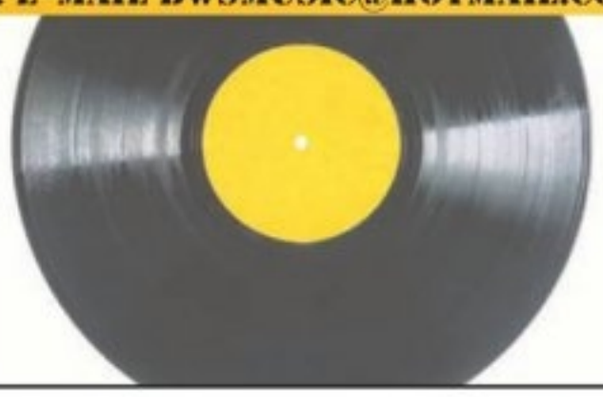
M3 BIOTECHNOLOGY
LIFE CHANGING THERAPEUTICS

LOVE
Re-Elect
BEST BUY ROOFING
PUSH# 215-288-1100
Best Prices
#1 ROOFER IN PHILADELPHIA
215-288-1100
Email: BestBuyRoofing4u@yahoo.com
www.bestbuyroofing.net
$200 off Any New Roof $50 off any Repair

Protect Yourself
GUARANTEED ONE FLAT RATE ON ANY NEW RE-ROOF!
Secure your Future

FREE Estimates
AFFORDABLE ROOFING
Licensed & Insured
No Catch 22 Contracts. One Price Start To Finish!
All Types of Roofing
24 Hour Emergency Service
215-634-8800
PA License 0966666
Financing Available • Insurance Claims • www.StopLeaksFast.com

TOP PRICES PAID
FOR YOUR RECORDS (33S, 45S), CDS
NO COLLECTION TOO SMALL OR LARGE
WE BUY EVERYTHING
CALL JON AT
215-805-8001
OR E-MAIL BWSMUSIC@HOTMAIL.COM



LOCAL HANDY MAN
From Punch List to Home Reno's

267-240-4422 • Call Jim for a free Estimate
LocalHandyManjim22@gmail.com
10% OFF FOR SENIORS

ASCEND ROOFING
- All Types of Roofing
- Fiberglass Roofs
- Roof Decks
REPAIRS starting at 295.00
Warranties with all work
215-917-1708

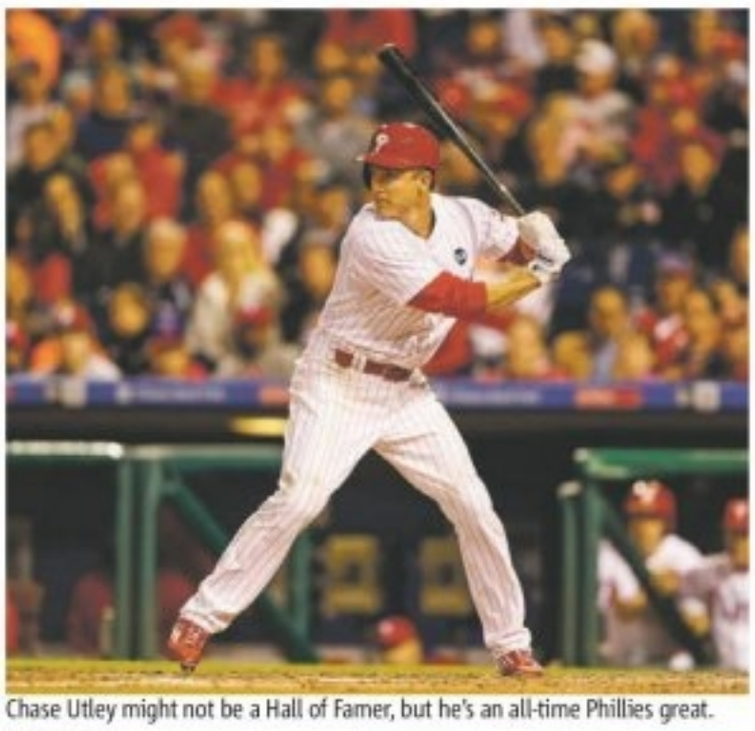
GAS HEAT • AIR CONDITIONING
$1089 Completely Installed
GM S8040 REPLACEMENT
ONE DAY INSTALLATION
100% FINANCING
CREDIT CARDS ACCEPTED
SUMMER SALE
$990 DELIVERED
VSX13015
The Goane Boys
610-353-5400

SPORTS

THE SPORTS PROFESSOR

GLEN MACNOW
@RealGlenMacnow

CHASE UTLEY RANKS AT THE TOP OF '08 PHILS



Chase Utley might not be a Hall of Famer, but he's an all-time Phillies great.
GETTY IMAGES

Chase Utley's retirement announcement last week sparked terrific debate over whether he is a future Hall of Famer. Certainly, his prime seasons look like credentials for Cooperstown.

Utley batted .301/.388/.535 in his five-year peak from 2005 to 2009. According to stats whiz @theaceofspaeder, only six other second basemen have slashed that in a season over the last 60 years – and none did so more than once.

I'd list Utley among the best second basemen I've ever seen, behind only Joe Morgan, Ryne Sandberg, Robbie Alomar and Craig Biggio – all of whom are in the Hall. To my eyes, he belongs.

Problem is, Utley's career stats – fewer than 2,000 hits and 300 homers – won't get his pass punched by voters. Until the people who choose the Hall of Fame start paying attention to modern metrics like WAR and defensive efficiency, Utley will join star second basemen like Lou Whitaker and Bobby Grich on the outside looking in.

Same for Jimmy Rollins. He'll get a sniff from Hall voters, but a snapshot of his career numbers may leave him short. I'd argue Rollins' combination of speed, defense and extra-base power puts him near Barry Larkin (who's in). But I don't get a vote for Cooperstown.

Alas, it may be the best hearing Utley and Rollins get come decades from now, when they're considered by the Hall's Veterans Committee. Perhaps, by then, the gatekeepers will catch up with modern thinking about what makes a player deserving.

So, expect the best era of Phillies baseball (2007-11) to end with just one Hall of Famer – Roy Halladay, who spun most of his brilliance in Toronto. That's doesn't mean they aren't all immortals in our hearts.

Here is my ranking of the top Phils from 2008 in terms of total career – including seasons played with other teams. Note that it doesn't include Halladay or Cliff Lee, both of whom arrived later.

1. CHASE UTLEY - He averaged 111 runs scored, 101 RBIs and 29 homers during those five brilliant seasons. Utley also made himself into an excellent defensive player. Six-time all-star.

2. JIMMY ROLLINS - Despite a .324 career OPB, he was dynamic, averaging 104 runs scored between 2001-09. Rollins led the NL in triples four times, won four Gold Gloves. And, of course, he's got that 2007 MVP award over his fireplace.

3. COLE HAMELS - Still getting them out in the AL, the '08 World Series MVP has 152 career wins (fifth among active pitchers) and earned Cy Young votes four separate times. Don't rule out Hamels coming home to finish his career.

4. RYAN HOWARD - The hardest guy to judge because injuries stole his greatness. From 2006-11, Howard averaged 44 homers, 133 RBIs, .276 BA. Now, if we could just erase his last five seasons – 18 HR, 66 RBI, .226 BA.

5. JAMIE MOYER - He spent 25 years in the Majors, just five with the Phils. His 260 wins rank 35th all-time. His 522 HRs allowed ranks 1st.

6. SHANE VICTORINO - The Flyin' Hawaiian lasted 12 seasons with his kamikaze style and earned four Gold Gloves. A terrific sparkplug for the Phils and, later, the Boston Red Sox.

7. CARLOS RUIZ -You can't measure Chooch's value in stats, although he worked hard to make himself a plus offensive player. Anyone who watched those years knows Ruiz saved countless runs by blocking balls in the dirt and brilliantly handling Phils pitchers.

8. JAYSON WERTH - The smoldering dislike for Werth causes fans to forget how productive he was, posting an .885 OPS for the Phils from 2007-10. Then he played seven seasons in Washington – mostly good ones.

That's my list – with Brad Lidge and Pat Burrell knocking at the door. Yours is likely different. I'd love to hear your feedback.

You Need An Awning!!
AS LOW AS 199.00
ALUMINUM • CLOTH • RETRACTABLE
Also... Windows • Doors
Siding • Roofing • Cement Work
Sheetrock • Flooring
SAM SILVERMAN INC.
Since 1976
rickysilverman17@gmail.com
JUST CALL RICKY "THE ROCKET" 215-808-2709

RESPECTABLE ROOFING
Where Respect Matters!
Specializing in energy efficient white roofs.
50 Year shingle roofs available. • Fully licensed and insured
FREE ESTIMATES - FINANCING AVAILABLE
PHILLY SPECIAL
$1800.00 For a Brand New Rubber Roof, New Drain Box, New Edge Metal
Roof Not Exceed 800 sq ft, Sky Lights not included some Limitations May Apply.
215-681-0409
HIC# PA098215

Eagles camp preview: Quarterback

The Eagles have one of the best QB situations in the NFL.

JOVAN ALFORD
jovan.alford@metro.us

Over the next week or so at Metro, we will get you prepared for this year's edition of Philadelphia Eagles training camp. Unlike previous summers, the Eagles will hit the practice field at the NovaCare Complex as defending Super Bowl champions.

How will they handle the pressure of being the hunted and not the underdogs? Only time will tell.

To begin this series of previews, we will talk about the Eagles' quarterback room, which might be the best in the NFL.

Carson Wentz

If he did not suffer a late season-ending injury, Carson Wentz would have won NFL MVP over the likes of New England Patriots quarterback Tom Brady. Wentz had a career year in 2017 and was one of the main catalysts in helping the Eagles be the first seed in the NFC.

Last season, Wentz completed 60.2 percent of his passes for 3,296 yards, 33 touchdowns, and seven interceptions. While the numbers look great, many fans are wondering will Wentz be ready for the regular season opener? He is coming off of a torn ACL and LCL, so the Eagles will be cautious with their franchise quarterback.

Do not expect Wentz to see much action in the preseason as a majority of the snaps will go to Nick Foles, Nate Sudfeld, and Joe Callahan.

Nick Foles

Foles did an admirable job, filling in for Carson Wentz late last season. After a good performance against the New York Giants in Week 15, there was a mild confidence that Foles could get the Eagles a victory in the playoffs.

But that confidence soon went away as Foles did not play well in the final two games of the regular season.

The veteran quarterback, however, was not fazed heading into the playoffs, but instead relished in it. As we all know, Foles put together a magical three-game run in the playoffs to help the Eagles win Super Bowl 52.

Heading into training camp, the Eagles are not worried if Wentz is ready by the start of the regular season because of Foles. He is maybe the best backup quarterback in the league and can run the offense to perfection. It is not a surprise that other teams in the NFL were interested in acquiring Foles earlier this offseason.

Nate Sudfeld

Sudfeld only played meaningful snaps in last season's regular-season finale against the Dallas Cowboys, but the Eagles really like his skills.

The former Indiana Hoosier was on the practice squad for the majority of the season until November, when the Eagles signed him to the 53-man roster. You might be asking yourself why they would do such a thing? Reportedly, the Indianapolis Colts were trying to steal him.

Eagles executive vice president of football operations Howie Roseman praised Sudfeld's skills at this past year's NFL Draft combine.

"Nate Sudfeld has a tremendous skill set, not only to be a No. 2 in this league, but we think he can develop into a starter," Roseman said. "He's incredibly smart, athletic, he has a good frame and can make all of the throws."

If Foles does depart next offseason, Sudfeld could be the backup to Wentz for the foreseeable future.

Carson Wentz and Nate Sudfeld. GETTY IMAGES

• GOOD CREDIT • BAD CREDIT • NO CREDIT • REPOS • DIVORCE • BANKRUPTCIES • CHARGE-OFF'S • GOOD CREDIT

YOUR JOB IS YOUR CREDIT AT...

FM FAIRLESS MOTORS

$0 DOWN!*

In business for over 30 years. We will NOT be undersold!

We Buy Clean, Used Cars

2012 BUICK LACROSSE CXL $42/Week
2013 NISSAN ALTIMA S $38/Week
2015 KIA SPORTAGE $44/Week
2011 CADILLAC SRX LUXURY $58/Week
2012 ACURA TL AWD $53/Week
2017 JEEP UNLIMITED RUBICON WRANGLER $129/Week
2010 DODGE RAM 1500 CREW CAB $49/Week
2011 GMC ACADIA SLE $46/Week
2014 NISSAN MAXIMA SV $69/Week
2012 CADILLAC CTS SPORT CP $65/Week
2014 LINCOLN MKZ $69/Week
2014 CHRYSLER 300 $49/Week
2015 VOLVO S60 T5 $76/Week
2016 CHEVY MALIBU $42/Week
2015 CHEVY IMPALA $51/Week
2014 CADILLAC XTS $88/Week
2015 MERCEDES BENZ C300 $89/Week
2010 MAZDA CX9 SPORT $34/Week
2016 TOYOTA CAMRY $50/Week
2012 NISSAN MURANO SL $54/Week

ALL VEHICLES FAIRLESS MOTORS CERTIFIED

1-888-251-4312 | Special incentives for SEPTA, hospital, military, and postal workers! Used Car Leasing Now Available.

PAYMENTS AS LOW AS $99.00 PER MONTH!*

$500 OFF WITH THIS AD! NO GIMMICKS!

435 LINCOLN HWY, FAIRLESS HILLS, PA

24 HOUR HOTLINE: 1-800-205-0068 • www.FairlessMotors.com

*$0 down and monthly payments of $99 on select vehicles. Monthly payments reflect 2.99% APR for 72 months with $2000 down. Tax, tags and fees extra.

• CHARGE-OFF'S • GOOD CREDIT • BAD CREDIT • NO CREDIT • REPOS • DIVORCE • BANKRUPTCIES

LEGAL & PROFESSIONAL SERVICES

To advertise call Susan Peiffer at 215-717-2695
or email susan.peiffer@metro.us

Medical Mistakes

Cerebral Palsy
Birth Injury
Amputations
Cancer Misdiagnosis
Surgery Mistakes
Hospital Death

Doctor-Lawyer on staff

Over $100 million

recovered as co-counsel

Law Offices of Tai Y. Wong
www.tymdjd.com
215·592·9750
Free Initial Consultation. No Recovery-No Fee
1101 Market Street, Aramark Tower Suite 2820, Philadelphia, PA 19107

CANCER
MEDICAL MALPRACTICE
DEFECTIVE PRODUCTS

Evaluations by Attorney named top 1% of attorneys nationwide, PA Super Lawyer, and Life-time member of Million Dollar Advocates Forum.

Millions of Dollars Recovered for Injured Clients

Emmanuel Law Firm, LLC
Two Penn Center, 1500 JFK Blvd.
No Recovery-No fee/Free Consultations
Home/Hospital Visits
215-567-0493
Call or email us today
www.emmanuellawfirm.com

INJURED AT WORK?
WE WILL FIGHT FOR YOU

• WORK INJURIES • SOCIAL SECURITY DISABILITY
• PERSONAL INJURY CLAIMS

FREE CONSULTATION — SE HABLA ESPANOL

CHRISTY ADAMS, ATTORNEY — NICK RENZI, ATTORNEY

CENTER CITY • 1429 Walnut St.
NORTH PHILA. • 227 W. Lehigh Ave.
CALL US AT: 215-546-4208

TRIP AND FALLS

Nobody Fights Harder. Nobody!

NO FEE UNTIL YOU GET PAID
215-496-1100
24-HOUR EMERGENCY
215-480-3200
SAUL LAW FIRM - 1313 Race St. Phila, PA

SLIP AND FALL

Our Law Firm handles all ***FALL DOWN*** Claims
Free Consultation 24/7
215-268-7800
1617 JFK Blvd., Suite 355 Philadelphia, PA 19103
SLIPANDFALLGUYS.COM

MEDICAL RESEARCH

To advertise call Jennifer Lydon at 215-717-2694
or email jennifer.lydon@metro.us

DIVORCE $155*

NO FAULT UNCONTESTED

No Court Appearance Needed
DIVORCE GUIDES

5 Months = $155*
3 Months = $275*
6 Weeks = $355*
*Plus $100 Court Filing Fee

215-854-6340
Aaron I. Rappeport, Esq. • 1515 Market Street Suite 1200 Philadelphia Pa
www.DivorceGuides.net

Do you have high blood pressure?

The University of Pennsylvania Health System, Renal Medicine is conducting a research trial of the effects of an investigational procedure as a possible treatment for high blood pressure.

You may be eligible if you are:

- Between the ages of 20-80 years
- Have high blood pressure (top number 150-180)
- On or off medication for your blood pressure

This procedure is not for everyone and does carry some risks. Caution: Investigational device. Limited by federal law to investigational use

Please Contact Robin Neubauer, RN
For further information
Tel: 215.615.4886

Penn Medicine, Renal Hypertension

Research Study
Sickle Cell Disease

I have written 8 novels I have raised 4 kids.
I AM STRONG.
With your help, we can research the safety of an investigational drug and study how well it works in sickle cell disease (SCD).
Ask your doctor about the STRONG SCD clinical trial, and find out if you are eligible to participate.
STRONG SCD

CLINICAL TRIAL CENTER
215 884-1700

Atopic Dermatitis

Call it eczema' or ec'zema, which is associated with hay fever or asthma, there is still itching, scratching, redness, and scaling!

About this research study of an investigational medicine for atopic dermatitis:

- Adult 18 years or older
- Dermatologic examination and laboratory studies at no charge
- Study medication at no cost for this study of up to 9 weeks
- Travel expenses and volunteer fee for qualified subjects

Call: Paddington Testing Company, Inc.

215.563.7330

MEDICAL RESEARCH

To advertise, call Jennifer Lydon at 215-717-2694
or email jennifer.lydon@metro.us

Cocaine Research Study

Having problems related to your cocaine use?

Research studies at UPenn are trying to understand the brain's role in relapse.

Studies use brain imaging and may also test an investigational medication for preventing relapse.

Most imaging studies require an initial inpatient stay.

Compensation is provided.

For more information about participation in this research study, please call today:

215-746-3708

Perelman School of Medicine
University of Pennsylvania

Genital Warts

Warts can occur on any part of the body and are caused by the Human Papilloma Virus (HPV). Sometimes, they occur in the private areas.

About this research study of an investigational medicine for genital warts:

- Adults 18 years or older
- Dermatologic examination and laboratory studies at no charge
- Study medication of a topical preparation at no cost for this study of up to 28 days
- Travel expenses and volunteer fee for qualified subjects

Call:
Paddington Testing Company, Inc.
215.563.7330

ENTERTAINMENT

LEGAL NOTICES

INVITATION TO BID

Sealed bids for the furnishing of vended meals, to be delivered daily (M-F) to 4 Head Start centers in Philadelphia, will be received by CDI Head Start Serving South and West Philadelphia, PA, at PO Box 32237, Philadelphia, PA 19146 by July 27, 2018 at 2 PM ET. Please contact CACFP Manager, KFasulo@cditeam.org, to obtain a bid package and specifications. Public bid opening will be held August 10, 2018, 10 AM ET at 2147 Manton St., Philadelphia, PA 19146. The contract will be awarded to the responsible bidder whose bid is responsive to this invitation and is most advantageous to the agency, price and other factors considered. This organization is an equal opportunity provider.

SERVICES

CA$H TODAY!!
FOR DIABETIC TEST STRIPS!!
#1 IN CUSTOMER SERVICE • MOST BRANDS ACCEPTED
WE PAY YOU MORE!! UP TO $60 PER BOX!!
(MUST BE UNOPENED AND NON-EXPIRED TEST STRIPS)
WE PICK UP!
CALL (484) 447-1223
TO SCHEDULE A PICK UP TODAY!

$$$ CASH $$$
For Diabetic Test Strips
July Special Only - Onetouch Ultra Blue
100ct = $40 - 50ct = $20
Turn in your Unopened, Unexpired boxes of Diabetic Test Strips and Get Cash on the Spot!!
Also buying Nicoderm & Nicorette $10.
221 W. Girard Ave (drop off only) | Hours: M-F 8:30-3:30pm Sat: 10-2pm
267-275-1717 | www.dollarsforstrips.com

CA$H PAID
FOR DIABETIC TEST STRIPS!
ABSOLUTE TOP VALUE
MOST BRANDS ACCEPTED
PAY UP TO $60 PER BOX
WE PICK UP
Call James 610-453-2525

$$$ CASH PAID $$$
BUYING NICOTINE PATCHES / GUM
And LOZENGES
We Pickup
215-395-7100

MITCHELL TEST STRIPS INC
We buy Diabetic Test Strips
We will pay up to $60 per box
We will pick up
— GUARANTEED —
CALL #215.820.4312

CARS

Vehicles Wanted

WE BUY CARS & TRUCKS
(any condition)
$100--$5000
CASH PAID
FREE TOWING
SAME DAY PICKUP
267-229-1970

$$$ UP TO $1100.00 $$$
For Cars w/Bad Engines
w/ or w/out title
500.00 CASH $$$
For Any Junk Cars or Trucks
215-669-1000

WE BUY JUNK CARS!
Top dollar paid in CASH!
Free pickup!
Call: 609-851-2980
or 215-730-0900

ENTERTAINMENT

LEGAL NOTICES

Court of Common Pleas for the County of Philadelphia, May term, 2018, No. 8555.

Notice is hereby given that on May 31, 2018 the petition of: Jin Feng Lin on behalf of her child Olivia Wang was filed, praying for a decree to change her child's name to: Olivia Lin. The Court has fixed court date August 9, 2018, at 9:00 AM, in Family Court Room 3C, 1501 Arch St. Phila, PA for hearing.

All persons interested may appear and show cause if any they have, why the prayer of the said petition should not be granted.

APT FOR RENT

54XX Sansom Street
2 Bdrm West Philly
$1000/month
484-316-0262

IMPORTANT INFORMATION:
All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro US reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.

metro CLASSIFIEDS
To place an ad call
866-900-9473
or visit us at
www.metro.us
DEADLINE: 2 BUSINESS DAYS PRIOR TO PUBLICATION AT 4 PM.

JOBS

General Help Wanted

TTC TOTAL TRANSIT CORP.

Non-CDL Drivers Wanted

$13.00 Starting Pay

Paratransit Operations

Immediate Positions Available

Paid Training / Benefit Package

Match of salary with experience!

Flexible Shifts Available

Safety Bonus Incentives

Great Company Culture

Plenty of Overtime Available!

Apply in Person
Monday through Friday • 9:00am to 3:00pm
4201 Tacony Street, Philadelphia, PA 19124
215-992-8000 Ext 4
www.totalbusco.com

JOBS

General Help Wanted

TTC TOTAL TRANSPORTATION CORP.

SCHOOL BUS DRIVERS
AND BUS ATTENDANTS WANTED

• Immediate Openings
• Competitive Wages • Benefits Package
• Benefit Rate and Non-Benefit Rate
• Training Available for
CDL and Non-CDL Drivers
• Classes Forming Now
•$500 SIGN-ON BONUS FOR DRIVERS
WITH CURRENT CREDENTIALS

Please Apply in Person
Monday through Friday
9:00am to 3:00pm
3101 Orthodox Street,
Philadelphia, PA 19137

215-383-0470

Established Daycare Center
Now Hiring

Director, Group Supervisors, Assistant Group Supervisors
Must have 2 years' experience working in child care
Must have a high school diploma
Please email your resume or feel free to call
Email: bavwinc@yahoo.com • 267-808-8887

NO MONEY DOWN CABLE

Get an all-digital satellite system installed for free with 150 channels and programming starting at only $35/mo.
New callers get a FREE $100 Visa Gift Card.
SO CALL NOW 877-255-0353

metro CLASSIFIEDS
To place an ad call 866-900-9473
or visit us at www.metro.us

REAL ESTATE

Rentals

UPPER DARBY! RENT SPECIALS!
APARTMENTS AVAILABLE NOW!
NEWLY RENOVATED UNITS!
1/2 Off 1st Month Rent!
Cooking Gas Included.
$600-$850
Studio, 1 & 2 Bedrooms
PLEASE CALL: 610-734-2360

REAL ESTATE

Real Estate Wanted

WE BUY UGLY HOUSES.®
HOMEVESTORS® AMERICA'S #1 HOME BUYER
1-800-301-3223

PSYCHICS

INDIAN ASTROLOGER & PSYCHIC READER: MASTER BALAJI

• Remove Black Magic • Health
• Lucky Numbers • Love/Relationships
• Negative Energy • Any Secret Matters
• Expert in Palm, Face/Photo, and Numerology Readings

45 yrs experience – 100% results!

If You Have Problems, I Have Solutions!

Melbourne/Market Rd, Upper Darby, Philadelphia

267-361-9875

REAL ESTATE

Real Estate for Sale

$5,000 GRANT AVAILABLE
$549.15 a month
3 Bedrooms, Excellent condition
Nick's Real Estate
(215) 425-3500

ITEMS WANTED

NEED CASH?
$ BUYING Diabetic Test Strips, Nicotine Patches/Gum PAYING up to $50/Box $
215-425-7897
DROP OFF 1802 EAST ALLEGHENY AVE (K&A)

metro CLASSIFIEDS
To place an ad call 866-900-9473

metro CLASSIFIEDS To place an ad call 866-900-9473 or visit us at www.metro.us

metro CLASSIFIEDS
To place an ad call 866-900-9473
or visit us at www.metro.us

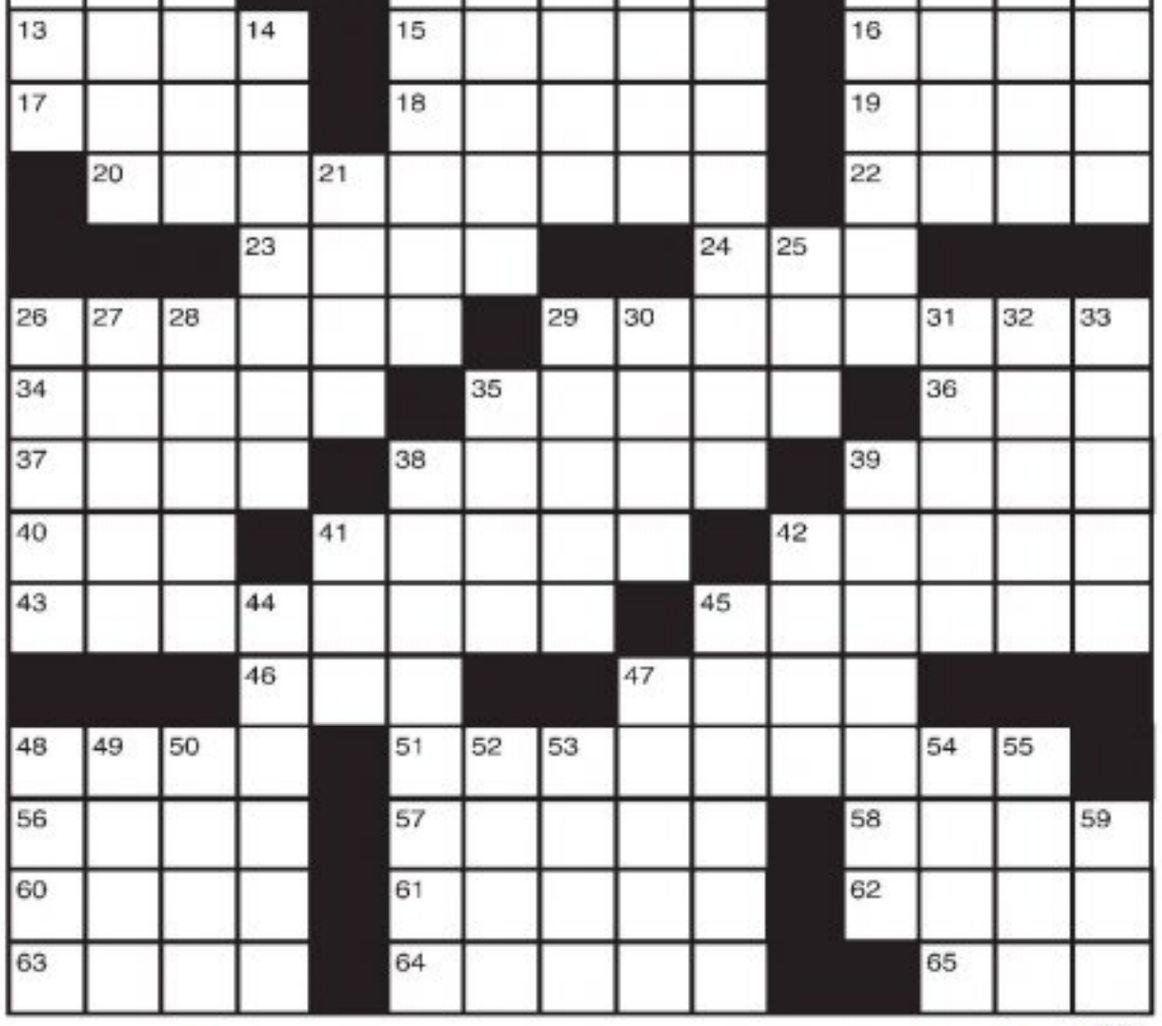
IMPORTANT INFORMATION:
All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro US reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.

GAMES

metro.us/crossword

Check your answers at metro.us/games

Powered by Arkadium



BY TCA

ACROSS

1 French friend
4 Many SeaWorld performers
9 For the __ part; typically
13 Captures
15 Vietnam's capital
16 Per person
17 Sequoia or spruce
18 Walk __; desert
19 Bangkok native
20 Apart from; besides
22 Attila and his men
23 Learn by __; memorize
24 Flying saucer, for short
26 Hug
29 Self-service counter at a restaurant
34 Gladden
35 Started
36 Run up a tab
37 Melodies
38 Crouch in fear
39 __ Louie; "King of Salads"
40 __-through; transparent
41 Healed
42 3-line Japanese verse
43 __ in; signed up for
45 Dusk
46 Young dog
47 "__ grip!"; cry to the hysterical
48 Gypsy __ Lee
51 First to attack
56 Lower leg part
57 Blossom
58 7/17/18: abbr.
60 Contemptible
61 "__ It to Beaver"
62 Letters of urgency
63 Underprivileged
64 Finished
65 Endeavor

DOWN

1 Crawling bug
2 Actress Winningham
3 Mountain goat
4 Yells
5 __ cologne; perfume
6 One opposed
7 Crazy as a __
8 Not plural
9 Way of doing things
10 Hawaiian island
11 CT or MRI
12 "__ Land Is Your Land"
14 Whispered confidences
21 Misplace
25 Oscillating blower
26 Discontinue
27 Foreign; unfamiliar
28 More unusual
29 Stitched
30 Over-the-hill
31 Russia's Yeltsin
32 Conscious
33 Counter an argument
35 Use a drill
38 Guilty
39 Card game
41 Actor __ Gulager
42 Shacks
44 Can __; small appliance
45 __ like; appeared to be
47 Orchard
48 Invitation letters
49 Where to find Columbus
50 Fodder storage tower
52 Singer Campbell
53 Incite
54 Kick out of office
55 Raise, as kids
59 Undercover agent

metro.us/wordsearch

A	D	V	E	N	T	U	R	E	T
A	N	A	H	E	I	M	C	O	R
M	A	T	T	E	R	H	O	R	N
I	L	I	A	R	O	N	O	M	A
N	Y	D	I	W	T	P	I	E	P
N	E	L	E	O	W	C	T	L	R
I	N	A	W	S	K	V	U	T	E
E	S	N	D	E	U	T	N	S	T
R	I	O	Y	F	O	O	G	A	E
W	D	D	C	I	G	A	M	C	P

Adventure
Anaheim
Castle
Disneyland
Donald
Goofy
Magic
Matterhorn
Mickey
Minnie
Monorail
Mouse
Peter Pan
Pluto
Toontown

metro.us/wander

Category: TV Show

U	T	A	N
R	S	U	R
A	L	P	E

Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.

metro.us/sudoku

		8		5				
2		3			8	1		7
					1	5	2	
9			1	7	4		3	
	7						6	
	3		6	9	5			1
	8	9	7					
7		1	3			6		4
				1		7		

PLAY ANYTIME, ANYWHERE

Find these games and MUCH MORE at games.metro.us

Yesterday's Answers

■	B	R	O	■	S	I	F	T	S	■	A	J	A	R
G	R	O	W	■	P	R	I	O	R	■	L	O	W	E
W	A	L	L	■	R	I	N	G	S	A	B	E	L	L
B	E	E	■	T	U	S	K	S	■	M	E	S	S	Y
■	■	M	O	O	C	H	■	■	C	A	R	■	■	■
B	R	O	N	T	E	■	■	C	A	S	T	L	E	■
R	O	D	E	O	■	C	E	L	L	S	■	E	D	S
A	G	E	S	■	C	A	R	O	L	■	M	A	D	E
Y	U	L	■	N	A	K	E	D	■	S	O	F	I	A
■	E	S	C	A	P	E	■	■	R	A	S	H	E	S
■	■	■	L	O	T	■	■	L	A	S	S	O	■	■
S	C	R	A	M	■	S	N	A	G	S	■	P	H	I
N	O	U	R	I	S	H	I	N	G	■	A	P	E	D
U	R	G	E	■	O	U	N	C	E	■	H	E	R	O
B	E	S	T	■	S	T	E	E	D	■	A	R	E	■

metro

As the world's largest global newspaper, Metro has more than 18 million readers in more than 100 major cities in 23 countries. • Metro Philadelphia 2401 Walnut Street, Suite 102, Philadelphia, PA 19103 • **main** 215-717-2600 • **to advertise** 215-717-2695 • **Press releases** pressrelease@metro.us • **Associate Publisher** Susan Peiffer • **U.S. Circulation Director** Joseph Lauletta • **U.S. Marketing Director** Wilf Maunoir • **email sales** adsphilly@metro.us • **Chief Revenue Officer** Ed Abrams, Ed.Abrams@metro.us • **email distribution** distribution@metro.us • Advertisements appearing in Metro are published in good faith. Metro does not endorse and makes no representations about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damages whatsoever resulting from readers using the services of its advertisers. Readers should exercise caution when replying to advertisements, especially those which require any form of payment, and, where necessary, should seek independent legal advice. • **Editor in Chief** Aleksander Korab, aleksander.korab@metro.us • **Managing Editor** Morgan Rousseau, morgan@metro.us • **Night Editor** Jeff Tomko, Jeff.Tomko@metro.us • **Art Director** Luis Matos, luis.matos@metro.us • **Sports Editor** Matt Burke, matthew.burke@metro.us • **Features Editor** Jennifer Logue, jennifer.logue@metro.us • **Head of Production** Matt Prowell, matt.prowell@metro.us

Alliance for Audited Media

Still feeling symptoms of Depression after having taken a prescription Antidepressant?

If so, participating in our medical research study of an investigational drug may be an option for you.

To participate in this research study, you must:

- be experiencing a depressive episode of at least 8 weeks but less than 2 years in length
- be at least 18 years of age
- have had inadequate relief from 1 or 2 antidepressants

There is no charge to participate in our study, and compensation for time and travel may be available. For more information, please contact: Center for Emotional Fitness – Cherry Hill, NJ

866-DOC-LEON

OCD Obsessive Compulsive Disorder

If you are living with OCD, you may be interested in participating in a clinical research study of an investigational medication for adults with OCD.

Qualified Participants May Receive Study-Related:

- INVESTIGATIONAL MEDICATION
- FOLLOW-UP VISITS
- COMPENSATION UP TO $900 FOR TIME AND TRAVEL FOR COMPLETING STUDY REQUIRED VISITS

CENTER FOR EMOTIONAL FITNESS - CHERRY HILL, NJ

866-DOC-LEON

www.metro.us